



EVENING RITUAL IDEAS

Disconnect from work at least 3 hours before bedtime

Avoid news + social media at least 2 hours before bedtime

Read an easy book or listen to soothing music

Drink chamomile tea, have a sip of water

Spritz linens with lavender essential oil

Take a warm shower or bathe in Epsom or sea salt

Meditation, prayer, still the body and mind for a few minutes

Massage with essential oils or olive/sesame oil

Shut off all digital screens, put on do not disturb, remove from room

Practice gratitude and self-reflection for the day

Go for an evening stroll or do a light yoga sequence

Have a pleasant conversation

Ritualize your face care routine with mindful touches

Review your favorite affirmations

Set the right room temperature for optimal sleep

Tidy up your space and do dishes

Curl up with your furry friend, snuggle your kids, partner

Select tomorrow's outfit, check calendar, get to-do list on paper

Write in your journal; about your day, how you're feeling, dreams

Engage in breathing exercises for relaxation

Visualize your dreams, focus on vision board as you fall asleep

Meditation Guide in 9 Steps

Mindfulness

Step 1: Find a quiet place with no phone

Step 2: Close eyes + become aware of breath

Step 3: Listen to sounds inside, then outside

Step 4: Return to listening to your breath

Step 5: Acknowledge any thoughts that arise

Step 6: Repeat a mantra to self or out loud

Step 7: Think of someone/thing you are grateful for

Step 8: Ask yourself a question, what comes up?

Step 9: Open eyes, place hands on your heart

Breath Guide

Mindfulness

Balance – allows body to slow down, calm + center

Balance: *Basic water breath* – brings you up or down based on what you need to become more balanced. It is adaptogenic. 5 breaths in/5 breaths out. In nose/out nose. X10 rounds

Reset: *Box breath* – 4x4x4x4 – This is for reset, improve concentration, slow down (reduces fight or flight response). Count 4 in, hold for 4, exhale for 4, hold for 4. In nose/out mouth. X10 rounds

Center: *Alternate nostril breath* to calm and center. Use one hand, place pointer and middle finger between eyes. Use ring finger to close one nostril while breathing in, release and press thumb on other nostril breathe out. Start with that same side (thumb) now on the breath in. Alternate, repeat

Relax/sleep – regulates parasympathetic nervous system

Sleep: *Extended exhale* – quick relax – lengthen exhales (also clears additional toxins out of body). In for 4, out for 5 or in for 4, out for 8. X10

Relax: *Pursed lip breathing* – slow down breath – get more air into lungs. Do before bed if you are overthinking/stressed. In nose 4, out 8 (mouth with lips like you are blowing a kiss). X10

Energy – activates sympathetic nervous system

Energize: *Breath of fire* – energizes body, focus (do in morning to get energy up). In/out nose. In breath is passive, out breath is sharp. Push air out using abdominals and pelvic floor. Navel should come in towards your back. X30

Awareness: *4-step ladder breath* to expand perspective and patience. 4 short breaths in to fill lungs (nose), 1 exhale out (nose). X10



A quick guide to self reflection + affirmations

Self-reflection explained

Simply put, **self-reflection** (also known as “personal reflection”) is taking the time to think about, meditate on, evaluate, and give serious thought to your behaviors, thoughts, attitudes, motivations, and desires. It’s the process of diving deep into your thoughts and emotions and motivations and determining the great, “Why?” behind them.

Benefits of self-reflection

Allows you to gain perspective, promotes learning and understanding and to respond more effectively.

How it works

Think deeply about what matters to you. As you work through the self-reflection questions you may feel called to explore something more in depth. There may be key messages that can help you to better understand a situation.

Affirmations explained

Positive affirmations are simple, positive statements declaring specific goals in their completed states. Focusing on what you wish to attract into your life.

How they work

Affirmations work on the conscious and subconscious mind. Positive reinforcement begin to shift at the subconscious level and continue growing as long as we keep consistent. Eventually, they replace negative thoughts and limiting beliefs.

How to use them

A consistent practice (daily is optimal) or when you are feeling overwhelmed, lack confidence or unsure can help to reinforce positive thoughts.

Use this opportunity to create space for yourself and this transformation. Create a new morning routine.

Quick How to Journal Guide

Pen to paper



What is journaling?

Journaling is a written record of our thoughts and feelings in every day life. It helps to figure out what makes us tick and happy or upset.

Creates a meaningful connection with self. It's pen to paper recording flow of consciousness.

How to journal

However you want! Morning, evening, every day or not. Every day may help keep a flow. You will find a groove and decide what you want to journal. Buy a special journal, write a message at the front page that this is for your eyes only. Find a quiet few minutes and write about your feelings, dreams, thoughts of the moment, goals, situations you've experienced, doodle/draw/symbols that come up, free write (whatever comes out of the pen). Don't force it.

It may help to use journal prompts like 'What am I thinking', 'What am I needing' or 'How am I feeling'.

Benefits of journaling

Journaling can be a great way to manage anxiety, reduce stress and cope with depression. It helps prioritize problems, fears + concerns. It helps bring dreams and goals to life. It helps to identify negative self-talk or behaviors and triggers.